

LIBRARY OF CHINESE CLASSICS
CHINESE-ENGLISH

大中华文库

汉英对照

黄帝内经 灵枢

YELLOW EMPEROR'S CANON
OF MEDICINE
SPIRITUAL PIVOT
II

大中华文库

汉英对照

LIBRARY OF CHINESE CLASSICS

Chinese-English

黄帝内经·灵枢

Yellow Emperor's Canon of Medicine · Spiritual Pivot II



李照国 英译

刘希茹 今译

Translated into English by Li Zhaoguo

Translated into Modern Chinese by Liu Xiru

世界图书出版公司

西安 北京 广州 上海

World Publishing Corporation

Xi'an Beijing Guangzhou Shanghai

图书在版编目(CIP)数据

黄帝内经·灵枢:汉英对照/刘希茹今译;李照国英译. —西安:世界图书出版西安公司,2008. 11

ISBN 978 - 7 - 5062 - 6982 - 7

I. 黄... II. ①刘... ②李... III. 灵枢经—译文—汉、英
IV. R221. 2

中国版本图书馆 CIP 数据核字(2008)第 167606 号

组稿编辑 张栓才 赵天堂 任卫军

责任编辑 任卫军 吴彦莉

审校 张同君 李振国

大中华文库

黄帝内经·灵枢

李照国 英译 刘希茹 今译

© 2008 世界图书出版公司

出版发行者:

世界图书出版西安公司

西安市北大街 85 号 邮政编码:710003

制版、排版者:

陕西新纪元文化传播有限公司

印制者:

深圳市佳信达印务有限公司印刷

开本:960×640 1/16(精装) 印张:76.75 字数:980千字

2008年11月第1版第1次印刷 印数:1~2000

(汉英对照) ISBN 978 - 7 - 5062 - 6982 - 7

定价:188.00元

版权所有 盗版必究

First Edition 2008

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, now known or to be invented, without permission in writing from the publishers, except for brief quotations by reviewers.

ISBN 978-7-5062-6982-7

© 2008 Xi'an World Publishing Corporation

85 North Street, Xi'an, 710003, Shaanxi, China

Printed by

Donnelley Bright Sun Printing Co., Shenzhen, China

Printed in the People's Republic of China

本书出版得到《大中华文库》出版经费资助

大 中 华 文 库
LIBRARY
OF CHINESE CLASSICS

目 录

卷之一

九针十二原第一	2
本输第二	26
小针解第三	50
邪气脏腑病形第四	66

卷之二

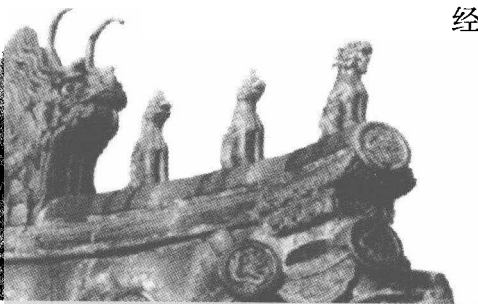
根结第五	98
寿夭刚柔第六	114
官针第七	128
本神第八	144
终始第九	156

卷之三

经脉第十	188
经别第十一	250
经水第十二	262

卷之四

经筋第十三	274
-------	-----



Contents

Volume 1

Chapter 1	Jiuzhen Shi'er Yuan: Nine Needles and Twelve Yuan – Primary Acupoints	3
Chapter 2	Benshu: Discussion on Acupoints	27
Chapter 3	Xiaozhen Jie: Explanation of the Small Needles	51
Chapter 4	Xieqi Zangfu Bingxing: Symptoms of Zangfu – Organs due to Attack of Pathogenic Factors	67

Volume 2

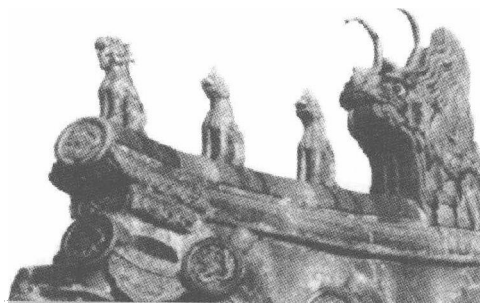
Chapter 5	Genjie: Root and Knot	99
Chapter 6	Shouyao Gangrou: Discussion on Long Life, Short Life, Sturdiness and Softness	115
Chapter 7	Guanzhen: Application of Needles	129
Chapter 8	Benshen: Basic State of Spirit	145
Chapter 9	Zhongshi: Beginning and Ending	157

Volume 3

Chapter 10	Jingmai: Channels and Collaterals	189
Chapter 11	Jingbie: Separate Channels	251
Chapter 12	Jingshui: The Relationship between Rivers and Channels	263

Volume 4

Chapter 13	Jingjin: Muscles of Channels	275
------------	------------------------------	-----



骨度第十四	296
五十营第十五	304
营气第十六	308
脉度第十七	312
营卫生会第十八	322
四时气第十九	334

卷之五

五邪第二十	346
寒热病第二十一	350
癫狂第二十二	364
热病第二十三	378
厥病第二十四	396
病本第二十五	408
杂病第二十六	412
周痹第二十七	424
口问第二十八	430

卷之六

师传第二十九	448
决气第三十	460
肠胃第三十一	466
平人绝谷第三十二	470
海论第三十三	474
五乱第三十四	480

Chapter 14	Gudu: Bone Measurement	297
Chapter 15	Wushi Ying: Fifty Circulations	305
Chapter 16	Yingqi: Nutrient – Qi	309
Chapter 17	Maidu: Length of Channels	313
Chapter 18	Yingwei Shenghui: The Production and Convergence of Yingqi (Nutrient – Qi) and Weiqi (Defensive – Qi)	323
Chapter 19	Sishi Qi: Climatic Changes in the Four Seasons	335

Volume 5

Chapter 20	Wuxie: Five Kinds of Pathogenic Factors	347
Chapter 21	Hanre Bing: Cold and Heat Diseases	351
Chapter 22	Diankuang: Mania	365
Chapter 23	Rebing: Heat Diseases	379
Chapter 24	Juebing: Jue – Syndrome	397
Chapter 25	Bingben : The Root Cause of Diseases	409
Chapter 26	Zabing: Miscellaneous Diseases	413
Chapter 27	Zhoubi: General Migratory Obstruction Syndrome	425
Chapter 28	Kouwen: Questions and Answers	431

Volume 6

Chapter 29	Shichuan: Instructions of the Teacher	449
Chapter 30	Jueqi: Differentiation of Qi	461
Chapter 31	Changwei: Intestines and Stomach	467
Chapter 32	Pingren Juegu: Fasting in Healthy People	471
Chapter 33	Hailun: Discussion on Seas	475
Chapter 34	Wuluan: Five Disorders	481



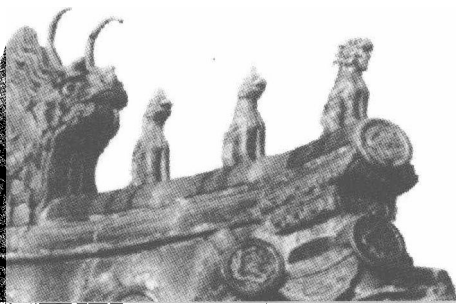
胀论第三十五	488
五癰津液别第三十六	500
五阅五使第三十七	506
逆顺肥瘦第三十八	512
血络论第三十九	522
阴阳清浊第四十	528

卷之七

阴阳系日月第四十一	534
病传第四十二	544
淫邪发梦第四十三	552
顺气一日分为四时第四十四	558
外揣第四十五	568
五变第四十六	574
本脏第四十七	586

卷之八

禁服第四十八	608
五色第四十九	622
论勇第五十	642
背腧第五十一	650
卫气第五十二	654
论痛第五十三	664
天年第五十四	668



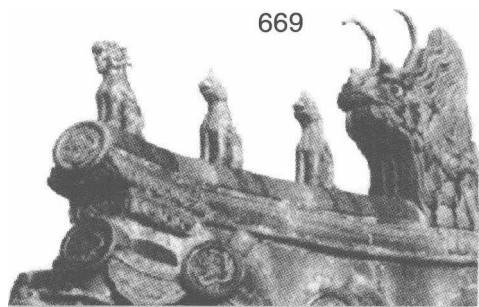
Chapter 35	Zhanglun: Discussion on Distension	489
Chapter 36	Wulong Jinye Bie: Differentiation of Retention of Five Kinds of Fluid	501
Chapter 37	Wuyue Wushi: Five Observations and Five Manifestations	507
Chapter 38	Nishun Feishou: Abnormality, Normality, Obesity and Emaciation	513
Chapter 39	Xueluo Lun: Discussion on Blood Collaterals	523
Chapter 40	Yinyang Qingzhuo: Yin and Yang, Lucidity and Tur- bidity	529

Volume 7

Chapter 41	Yinyang Xi Riyue: Correspondence between Yin and Yang and the Sun and the Moon	535
Chapter 42	Bingchuan: Transmission of Diseases	545
Chapter 43	Yinxie Fameng: Dreams due to Invasion of Pathogenic Factors	553
Chapter 44	Shunqi Yiri Fenwei Sishi: Division of the Four Seasons in One Day	559
Chapter 45	Waichuai: Diagnosing the Interior by Examining the Exterior	569
Chapter 46	Wubian: Five Changes	575
Chapter 47	Benzang: The Viscera as the Foundation of Human Beings	587

Volume 8

Chapter 48	Jinfu: Inheritance of Knowledge Accumulated in History	609
Chapter 49	Wuse: Five Colors	623
Chapter 50	Lunyong: Discussion on Bravery	643
Chapter 51	Beishu: Back – Shu Acupoints	651
Chapter 52	Weiqi: Defensive – Qi	655
Chapter 53	Luntong: Discussion on Pain	665
Chapter 54	Tiannian: Life Span	669



逆顺第五十五	676
五味第五十六	680

卷之九

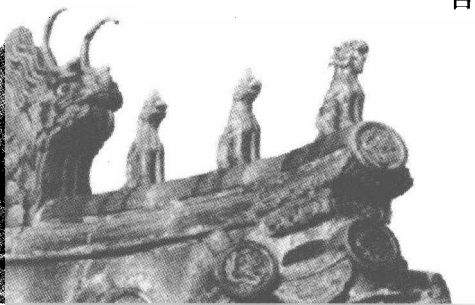
水胀第五十七	688
贼风第五十八	694
卫气失常第五十九	698
玉版第六十	710
五禁第六十一	724
动输第六十二	730
五味论第六十三	738
阴阳二十五人第六十四	744

卷之十

五音五味第六十五	770
百病始生第六十六	784
行针第六十七	798
上膈第六十八	806
忧患无言第六十九	810
寒热第七十	814
邪客第七十一	818
通天第七十二	840

卷十一

官能第七十三	852
--------	-----



Chapter 55	Nishun: Abnormality and Normality	677
Chapter 56	Wuwei: Five Flavors	681

Volume 9

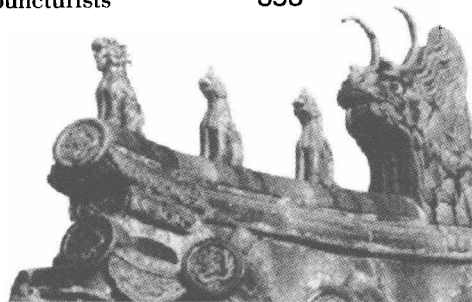
Chapter 57	Shuizhang: Edema	689
Chapter 58	Zeifeng: Thief – like Wind	695
Chapter 59	Weiqi Shichang: Abnormal Changes of Weiqi (Defensive – Qi)	699
Chapter 60	Yuban: Jade Plate	711
Chapter 61	Wujin: Five Contraindications	725
Chapter 62	Dongshu: Throbbing of Channels and Infusion of Blood and Qi	731
Chapter 63	Wuwei Lun: Discussion on Five Tastes	739
Chapter 64	Yinyang Ershiwu Ren: Twenty – five Types of People Divided According to Yin and Yang	745

Volume 10

Chapter 65	Wuyin Wuwei: Five Musical Notes and Five Tastes	771
Chapter 66	Baibing Shisheng: The Occurrence of All Diseases	785
Chapter 67	Xingzhen: Manipulation of Needles	799
Chapter 68	Shangge: Vomiting Right after Meal	807
Chapter 69	Youhui Wuyan: Loss of Voice due to Anxiety and Rage	811
Chapter 70	Hanre: Cold and Heat	815
Chapter 71	Xieke: Invasion of Pathogenic Factors	819
Chapter 72	Tongtian: Correspondence between Man and Nature	841

Volume 11

Chapter 73	Guanneng: Qualifications of Acupuncturists	853
------------	--	-----

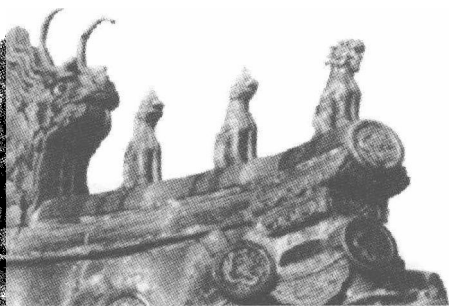


论疾诊尺第七十四	870
刺节真邪第七十五	880
卫气行第七十六	912
九宫八风第七十七	926

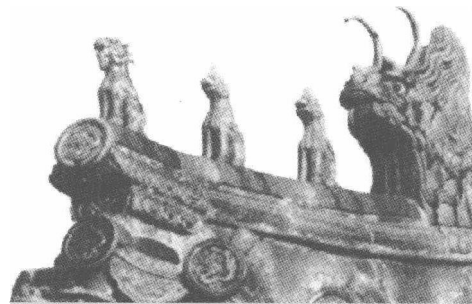
卷十二

九针论第七十八	938
岁露论第七十九	964
大惑论第八十	980
痈疽第八十一	992

附篇：黄帝八十一难经	1008
------------	------



Chapter 74	Lunji Zhenchi: Discussion on Diagnosis of Diseases Through Examination of the Cubital Skin	871
Chapter 75	Cijie Zhenxie: Discussion on the Five Sections in Needling and Comments on the Genuine – Qi and Pathogenic Factors	881
Chapter 76	Weiqi Xing: Circulation of Weiqi (Defensive – Qi)	913
Chapter 77	Jiugong Bafeng: Nine Palaces and Eight Winds	927
 Volume 12		
Chapter 78	Jiuzhen Lun: Discussion on the Nine Needles	939
Chapter 79	Suilu Lun: Discussion on Abnormal Wind and Rain in a Year	965
Chapter 80	Dahuo Lun: Discussion on Great Perplexity	981
Chapter 81	Yongju: Carbuncles and Gangrene	993
Appendix:	Huangdi Bashiyi Nanjing: Yellow Emperor's Canon on Eighty – one Difficult Issues	1009



寒热病第二十一

【原文】

21.1 皮寒热者，不可附席，毛发焦，鼻槁腊不得汗。取三阳之络，以补手太阴。

21.2 肌寒热者，肌痛，毛发焦而唇槁腊，不得汗。取三阳于下以去其血者，补足太阴以出其汗。

21.3 骨寒热者，病无所安，汗注不休。齿未槁，取其少阴于阴股之络；齿已槁，死不治。骨厥亦然。

21.4 骨痹，举节不用而痛，汗注烦心。取三阴之经，补之。

21.5 身有所伤血出多，及中风寒，若有所堕坠，四肢懈惰不收，

【今译】

21.1 体表寒热，疼痛不可着席，毛发枯燥，鼻孔干燥，汗液不得出者，治疗时应取足太阳经的络穴，补手太阴经的腧穴。

21.2 肌寒热，肌痛，毛发焦枯，口唇干燥，汗不得出者，应取足太阳经下部腧穴以散瘀血，再补足太阴经以出其汗。

21.3 骨骼寒热，烦躁不安，大汗淋漓者，若牙齿未现枯槁现象，当取足少阴络穴大钟针治，如牙齿已现枯槁之象，便是不治之症。骨厥病的诊治，也是这样。

21.4 骨痹，骨节不用而疼痛，汗出如注，心中烦乱，治疗时可取三阴经穴位，针刺用补法。

21.5 身体有所伤，血流甚多，且又感受了风寒，或从高处跌落，



Chapter 21

Hanre Bing: Cold and Heat Diseases

21.1 Cold and heat [disease due to invasion of pathogenic factors into] the skin, [characterized by] inability to touch the mat [because of pain in the skin], brittle hair, dry nose and no perspiration, can be treated by needling the Collateral [Acupoint] of Triple Yang^[1] and puncturing [the Spleen Channel of] Foot-Taiyin^[2].

21.2 Cold and heat [disease due to invasion of pathogenic factors in] the muscles, [characterized by] pain in the muscles, scorching hair, dry lips and no perspiration, [can be treated by] needling [the Acupoint located] on the lower part of Triple Yang^[3] to remove stagnant blood and puncturing [the Spleen Channel of] Foot-Taiyin to induce sweating.

21.3 Cold and heat [disease due to invasion of pathogenic factors into] the bones, [characterized by] restlessness, profuse sweating and no signs of dry teeth, [can be treated by] needling the Collateral [Acupoint] of [the Kidney Channel of Foot-] Shaoyin located lateral to the thigh^[4]. [If] the teeth are already dry, it is incurable. Gujue^[5] can be treated according to the treatment of cold and heat diseases.

21.4 Gubi[, characterized by] inflexibility and pain of all joints, profuse sweating and dysphoria [, can be treated by] needling [the Acupoints located on] the three Yin Channels with reinforcing [techniques].

21.5 [The disease marked by] trauma with serious hemor-